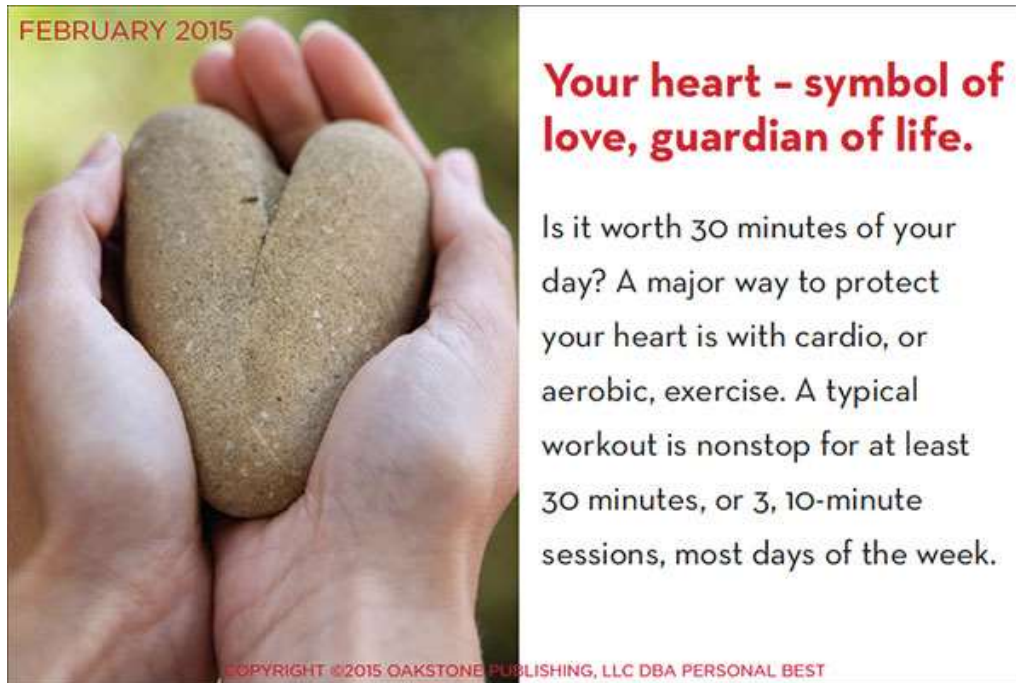


# IMPORTANT NEWS FROM HEALTHQUEST

During the month of February, Americans see the human heart as the symbol of love. **February is American Heart Month**, a time to show yourself some love. Take a few small steps for yourself and your loved ones to stay "heart healthy." Heart Disease is the number 1 killer of men and women in the United States and is one of the leading causes of disability, preventing people from working and enjoying family activities. Some risk factors are easily controllable such as diet, physical activity, high blood pressure, cholesterol and tobacco use.

*Participate in National Wear Red Day-Friday, February 6<sup>th</sup>  
for Heart Disease and Stroke Awareness!!!*



*Just Kicking Off - February 2<sup>nd</sup> - 27<sup>th</sup>, 2015 (Worth 5 Hq Credits)*

## *The Heart Smart Challenge!!!*

The **HEART SMART** Challenge started Monday!! Challenge yourself to boost your nutrition and activity levels and improve your **heart** health during the month of February!! To take part all you need to do is eat fruits, vegetables, whole grains and get a little exercise daily.

In this 4 week challenge accumulate 60 total activity points (1 point per activity daily) by:

- ♥ Eating Three (3) Servings of Vegetables Daily
- ♥ Eating Two (2) Servings of Fruits Daily
- ♥ Eating Two (2) Servings of Whole Grains Daily
- ♥ Exercising for Thirty (30) Minutes or More

The good news.....it only takes a few lifestyle changes to significantly affect your **heart** health. Challenge yourself in taking these few simple steps to practice **heart** healthy behaviors and reduce your risk of **heart** disease!!

- ♥ Try not to become overwhelmed. Every step brings you closer to a healthier heart, and every healthy choice makes a difference!
- ♥ Partner up. The journey is more fun – and often more successful with company. Ask friends, co-workers and family to join you!

Visit [www.kdheks.gov/hcf/healthquest/challenges.html](http://www.kdheks.gov/hcf/healthquest/challenges.html) for flyer and paper tracker.

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## Strive for the Heart's Top 5

1. **Move more.** Just 30 minutes of moderate-intensity physical activity, such as walking 5 days a week, strengthens your heart.
2. **Try to reach and maintain a healthy weight.** Excess abdominal fat hurts your heart more than fat stored elsewhere.
3. **Catch the fish habit.** Salmon, mackerel, sardines, tuna and trout have heart-healthy omega-3 fatty acids.
4. **Know your numbers.** Get your cholesterol, blood pressure and blood sugar levels checked as your health care provider advises.
5. **Enjoy a heart-smart plate.** Fill  $\frac{1}{2}$  with fruits and vegetables;  $\frac{1}{4}$  with grains ( $\frac{1}{2}$  whole); and  $\frac{1}{4}$  with protein.

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## Keep the "EMERGENCY" in emergency room

More than half of all ER visits are for minor non-urgent problems. These visits can be two to three times more expensive than a visit to the doctor's office. Before going to the ER, first try to see your doctor or talk to a member of his or her medical staff. Get your doctor's opinion if you should treat your symptoms with self-care, visit his or her office or go to the emergency room.

In case of a true emergency, go immediately to the emergency room. Call ahead to let them know you're coming and notify your regular doctor, if possible. Your primary care doctor can provide the emergency room staff with important medical information.

### **Call 911 or go to the ER in these instances:**

- Choking
- Stopped breathing
- Head injury with passing out, fainting or confusion
- Injury to neck or spine, especially if there is loss of feeling or inability to move
- Electric shock or lightning strike
- Severe burn
- Stroke or heart attack
- Seizures

### **Go to urgent care facility in these instances:**

- Problem is not life threatening or risking disability, but you are concerned and you cannot see your doctor soon enough
- Common illnesses such as colds, the flu, earaches, sore throats, migraines, low-grade fevers
- Minor injuries such as sprains, back pain, minor cuts and burns, minor broken bones or minor eye injuries

## Nurse24

*(Access to RN's 24 hours a day, 7 days a week, 365 days a year)*

- Registered Nurses are there for you anytime, day or night, whenever you have a health concern.
- When you or a family member gets sick, and you want help fast!
- There for general health, wellness and medical information to urgent issues
  - There to help you make the most informed decisions about what to do over your health concern

**Call 1-888-275-1205 Option 2, or log on to [www.kansashealthquest.com](http://www.kansashealthquest.com) to visit online**

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### Safety Corner

#### SAFETY APPS

**Safety apps — are they all created equally?**  
Hundreds of new apps appear daily, but which ones contain viable information? Some, as you might discover, are merely advertisements for companies selling safety devices, but there are apps that offer useful information. Check out these:

- [fema.gov/smartphone-app](http://fema.gov/smartphone-app)
- [osha.gov/SLTC/heatillness/heat\\_index/heat\\_app.html](http://osha.gov/SLTC/heatillness/heat_index/heat_app.html)
- [redcross.org/mobile-apps/shelter-finder-app](http://redcross.org/mobile-apps/shelter-finder-app)
- [redcross.org/mobile-apps/wildfire-app](http://redcross.org/mobile-apps/wildfire-app)
- [redcross.org/mobile-apps/tornado-app](http://redcross.org/mobile-apps/tornado-app)

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*Employee Assistance Program (EAP) Webinar - February 19, 2015 at 11:00am*

*(Worth 1 HQ Credit)*

## Emotional Eating: The Connection between Mood and Food

The population of the United States is becoming increasingly obese with each passing decade. There are many speculations about the cause of this phenomenon from an increasingly sedentary lifestyle, the ready availability of high caloric foods to stress and even sleep deprivation. However, if people ate only when they were truly hungry and stopped when they were full, there would be no obesity epidemic. This workshop will address the relationship between emotions and food consumption and how to retrain your body and mind to recognize the cues of hunger and to eat for physiological and not emotional reasons.

Visit <http://www.kdheks.gov/hcf/healthquest/eapwebinars.htm> to register for the webinar.

Have a conflict?? Or not enough time for the webinar?? But very interested in Emotional Eating.....

We offer a dozen fun and interactive online **On-Demand 5-10 minute** Modules and Emotional Eating is one of them!

<http://www.kdheks.gov/hcf/healthquest/download/OnDemandTraining.pdf>

Emotional eating is eating when you are not physically hungry. That sounds simple enough, but in reality, it is a challenging problem to overcome!

*HealthQuest Seminar - Available February 1, 2015 (Worth 1 HQ Credit)*

## **Reducing Diabetes Risk**

It's scary! Diabetes can lead to kidney failure, blindness, stroke and heart disease. Yet diabetes is largely preventable. This month's seminar looks at the risk factors and symptoms for this deadly disease. We will outline the steps you can take to prevent diabetes.

Visit [www.kansashealthquest.com](http://www.kansashealthquest.com) anytime to access the seminar.



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**Add safety to your exercise routine.**

Wear the proper gear. If you bike, use a helmet. Select the proper shoes for your choice of aerobic activity. If you haven't exercised much, start out slowly to avoid strain and injury.

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# Castlight Health-Take the Health Quiz Today!

*(Registering Worth 3 HQ Credits, Complete the Quiz Worth 2 HQ Credits)*



SEHP has launched a new way for State of Kansas employees to earn two (2) HealthQuest credits! Take the Castlight health quiz and learn more about the unique Castlight features today at: [www.mycastlight.com/SEHP](http://www.mycastlight.com/SEHP).

- Users must be registered for Castlight to take the quiz (registration also earns three HQ credits!)

Haven't registered? Castlight is a free, personalized, healthcare shopping tool that helps you shop for doctors, prescriptions, and see your plan details and past doctors' visits all in one place.



\* HQ Credits are not automatically populated to your HQ account. Credits will be submitted to Alere for posting on a periodic basis.

**MAKE A GREAT PLATE.**  
Dip carrots, celery or even apple slices in dip for a healthful snack.

**NUTTY BEAN DIP**

**Ingredients**  
15 oz. can cannellini beans  
1 tsp minced garlic  
2 tbsp olive oil  
2 tbsp fresh lemon juice  
1/2 tsp Tabasco sauce  
2 tbsp pine nuts

**Directions**  
Rinse beans well; mix with next 4 ingredients in blender or processor until smooth. Fold in pine nuts and serve with baked pita chips and sliced vegetables.

**Makes 24 tbsp. Each: 24 calories • 1.2g protein • 1g fat • 2.7g carbs • .8g fiber • 63mg sodium**

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## Rx Savings Solutions

Rx Savings Solutions is a tool to help all State Employee Health Plan (SEHP) Members and their dependents save money on their prescription medications. It is a free to all members on the SEHP and is available to use now! Rx Savings Solutions began working with the SEHP July 2014 and have already helped thousands of SEHP members find savings.

If you haven't already, please take a minute to create your account in order to receive alerts when you have a savings opportunity. Once you create your account Rx Savings Solutions does all the work. When they find savings you will get an alert via email or text message. You can also contact Rx Savings Member Services Team at 1(800) 268-4476 for information.

### Savings Method of the Month - Therapeutic Alternatives

Saving money on prescriptions does not have to be a big hassle. Employees and dependents of the SEHP can potentially save money on their prescriptions by considering **therapeutic alternatives**. A **therapeutic alternative** is a medication that has a similar medical effect in the treatment of a disease or condition, but does not contain the same active ingredient as the more expensive medication.

Here's an example of how a member of the SEHP saved money using a **therapeutic alternative**:

A SEHP Member paid \$40.91 for a 30-day supply of the acid reflux medication, Nexium® 40mg. This member was alerted to begin taking pantoprazole 40mg (which has been shown to work as effectively as Nexium® 40mg)<sup>1</sup> and began paying only \$2.70 for a 30-day supply after discussing this with her doctor and switching to pantoprazole 40mg. **That is a savings difference of \$458.52 per year!**

Take an active role in your health and register today! Our team will help you find therapeutic alternatives to the medications you take, so you can start saving right away. You can register at [www.rxsavingsolutions.com/start\\_saving](http://www.rxsavingsolutions.com/start_saving).

<sup>1</sup>Gold Standard, Inc. Proton Pump Inhibitors (PPIs). Clinical Pharmacology [database online]; Oregon Health Resources Commission. Proton pump inhibitors. July 2006. <http://www.oregon.gov/oha/pharmacy/therapeutics/docs/hrc-2006-07-ppi.pdf>. (Accessed Nov 20, 2014). Oregon Health Resources Commission. Clinician Summary Proton Pump Inhibitors (PPI). June 2011. (Accessed Nov 20, 2014)

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